

Appendices for Psychological First Aid Field Operations Guide

Appendices for Providers

1. Overview of Psychological First Aid (section headers from Preparing to Deliver PFA and Core Actions)

2. Self Care for Providers of Psychological First Aid

Handouts for Survivors

1. Connecting With Others (*Page 1*: seeking of social support, social support options, “do’s and don’ts”, ways to get connected; *Page 2*: giving social support, reasons why people avoid social support, good things to do when giving support, things that interfere with giving support, when your support is not enough). Appropriate for adults and older adolescents

2. When Terrible Things Happen (common reactions, positive and negative coping). Appropriate for adults and older adolescents

3. Tips for Helping Pre-School-Age Children (Ages 0-5) (common reactions, recommended responses for parents/caregivers, examples of things to say and do). Appropriate for parents/caregivers

4. Tips for Helping School-Age Children (Ages 6-12) (common reactions, recommended responses for parents/caregivers, examples of things to say and do). Appropriate for parents/caregivers.

5. Tips for Helping Adolescents (Ages 13 and older) (common reactions, recommended responses for parents/caregivers, examples of things to say and do). Appropriate for parents/caregivers

6. Basic Relaxation Techniques (breathing exercises for adults and children)

7. Alcohol and Drug Use after Disasters. Appropriate for adults and older adolescents